

Seasonal Snapshots

Summer in the Kitchen Garden

Ideas for summer dishes

Apricot jam	Apricots, grilled
Basil frittata, individual	Carrot roasted with honey
Celery, stuffed	Chicken and sweetcorn soup
Corn bread	Couscous with veggies & sweetcorn
Crudités with summer veg	Fruit salad
Greek salad	Pesto
Ratatouille	Rocket & potato soup
Salad greens, salad greens salad greens	Salade nicoise
Snake bean, tomato salad	Strawberries with raspberry sauce
Summer pudding	Sweetcorn BBQ
Sweetcorn fritters	Tomato & basil soup, chilled
Tomato & sweetcorn quiche	Tomato chutney
Tomatoes & pasta	Tomatoes, slow-roasted (min 1 hour)
Tomato pizza	Tomato salad
Tomato sauce	Tomato, stuffed
Tomato tart	Tzatziki
Zucchini flowers, stuffed	Zucchini fritters
Zucchini muffins	Zucchini pickles
Zucchini roulade	Zucchini slice

Don't forget:

- the best green beans are in summer
- more recipes with cucumber and plentiful herbs e.g. sage, oregano, basil
- more cold soups
- herb butters for garnishing grilled vegetables.

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Stephanie's thoughts ...

Early bush beans appear in December. The gardeners will be netting the berries and any fruit trees that could be attacked by birds, and checking that water plan.

After the holidays the sweetcorn will be ripe. Still carrots to pull. Tomatoes starting and the basil will be prolific. Salads growing very fast.

Keep the rocket picked over and use just the small fresh leaves. Allow a few plants to self-sow and pull out the other over-mature ones. The garlic may be harvested. Try the new season's garlic before drying most of the crop.

Harvest a few stalks of celery. Gardeners can sow an early crop of brassicas including cauliflower and plant out some nasturtium seeds at the same time. Dig some new potatoes before the vacation.

The strawberry patch will be fruiting. Work out some way of some of this crop getting to the kitchen ripe. Likewise the passionfruit vine and the raspberries.

Zucchini are fast growers and will be starting to harvest before the vacation. Garden specialist needs to organise someone to pick over the bushes regularly and keep them watered to ensure the plants are still producing in February when school resumes. Same with cucumbers.

Work with gardener on list of what they would like the volunteers to do on their weekly visit – nip out flowering tops of basil plants; harvest beans and zucchini to keep bushes productive, check all plants in pots etc.

Summer menu ideas

Sweetcorn barbecues, sweetcorn fritters, sweetcorn kernels in salads or in omelettes; tomato and basil; fresh new garlic sliced with sautéed tomatoes; slow-roasted tomatoes on a bed of herbs; salads every week; Mexican salsa with grilled vegetables, waldorf salad and other colourful combos such as caponata and panzanella; zucchini gilled, zucchini grated and tossed with butter and herbs; zucchini in pasta with mint. Think of as many salad combos as possible; fresh salsas with those tomatoes and herbs; make flatbreads and dips and barbecue sliced zucchini and the first eggplant.

Themes suggested by the time of year

Abundance; make poverty history or 'Why do we have so much and others do not?'; water management and climate; holidays.